

HUBUNGAN AKTIVITAS FISIK DENGAN KESEHATAN MENTAL PADA
MAHASISWA DI UNIVERSITAS PENDIDIKAN INDONESIA

SKRIPSI

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Sarjana

olahraga

Program Studi Ilmu Keolahragaan



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**HUBUNGAN AKTIFITAS FISIK DENGAN KESEHATAN MENTAL PADA MAHASISWA DI UNIVERSITAS
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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Sarjana Olahraga pada Fakultas Pendidikan Olahraga dan Kesehatan

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ABSTRAK
HUBUNGAN AKTIFITAS FISIK DENGAN KESEHATAN MENTAL PADA
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Dosen Pembimbing I : Prof. Dr. Herman Subarjah, M.Si
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Penelitian ini bertujuan untuk menguji apakah terdapat Hubungan aktivitas fisik Dengan Kesehatan Mental Pada Mahasiswa. Metode yang digunakan dalam penelitian ini deskriptif korelasi dengan pendekatan kuantitatif. Sampel dalam penelitian sebanyak 345 orang mahasiswa aktif Universitas Pendidikan Indonesia. Instrumen pengambilan data menggunakan *Global Physical Activity Questionnaire (GPAQ)*, *General Health Questionnaire (GHQ-12)*. Penelitian ini dianalisis dengan menggunakan *Korelasi Bivariat*. Dengan tingkat (Sig. 0.00). Hasil dari Penelitian ini menunjukkan bahwa terdapat Hubungan yang signifikan antara Aktifitas fisik Kesehatan Mental sebesar ($F_{hitung} = 6,900$ $p = 0.009$). sehingga terdapat Hubungan yang signifikan antara aktivitas fisik dengan Kesehatan Mental. Hal ini menunjukan bahwa aktifitas fisik dapat menjadi salah satu faktor penyumbang kesehatan mental.

Kata kunci: aktivitas fisik, kesehatan mental, mahasiswa

ABSTRACT
THE RELATION OF PHYSICAL ACTIVITIES AND MENTAL HEALTH IN
STUDENTS AT THE INDONESIA UNIVERSITY OF EDUCATION

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This study aims to test whether relationship there is physical activity with mental health in students college. The method used in this research is descriptive quantitative with a quantitative approach. The sample in the study was 345 active students at the Indonesian University of Education. The data collection instruments used the Global Physical Activity Questionnaire (GPAQ), General Health Questionnaire (GHQ-12). This study was analyzed using Bivariate Correlation. With the level (Sig. 0.00). The results of this study indicate that there is a significant relationship between physical activity and mental health (F count = 6,900 $p = 0.009$). so that there is a significant relationship between physical activity and mental health. This suggests that physical activity can be a contributing factor to mental health.

Keywords: physical activity, mental health, college students

DAFTAR ISI

HALAMAN PENGESAHAN SKRIPSI.....	2
HALAMAN PERNYATAAN KEABSAHAN SKRIPSI.....	Error! Bookmark not defined.
KATA PENGANTAR.....	Error! Bookmark not defined.
UCAPAN TERIMA KASIH	Error! Bookmark not defined.
ABSTRAK.....	3
ABSTRACT	4
DAFTAR ISI	5
DAFTAR GAMBAR	7
DAFTAR TABEL.....	7

BAB I.....	Error! Bookmark not defined.
PENDAHULUAN.....	Error! Bookmark not defined.
1.1 Latar Belakang	Error! Bookmark not defined.
1.2 Rumusan Masalah	Error! Bookmark not defined.
1.3 Tujuan penelitian	Error! Bookmark not defined.
1.4 Manfaat Penelitian	Error! Bookmark not defined.
1.5 Struktur Organisasi Skripsi	Error! Bookmark not defined.

BAB II.....	Error! Bookmark not defined.
KAJIAN PUSTAKA	Error! Bookmark not defined.
2.1 Kesehatan Mental	Error! Bookmark not defined.
2.1.1. Aspek-aspek Kesehatan Mental.....	Error! Bookmark not defined.
2.1.2 Faktor-Faktor Yang Mempengaruhi Kesehatan Mental....	Error! Bookmark not defined.
2.1.3 Gejala Kesehatan Mental Yang Terganggu	Error! Bookmark not defined.
2.2. Aktivitas Fisik	Error! Bookmark not defined.
2.3. Manfaat Aktivitas Fisik	Error! Bookmark not defined.
2.4. Mahasiswa.....	Error! Bookmark not defined.
2.4.1. Peranan Dan Fungsi Mahasiswa	Error! Bookmark not defined.
2.4.2Fakta Mahasiswa	Error! Bookmark not defined.
2.5 Hubungan antara aktivitas fisik dengan kesehatan mental ...	Error! Bookmark not defined.
2.6 Hasil Penelitian Terdahulu yang Relevan	Error! Bookmark not defined.
2.6.1 Relevan Dengan Variabel.....	Error! Bookmark not defined.
2.7 Kerangka berfikir.....	Error! Bookmark not defined.
2.8. Hipotesis	Error! Bookmark not defined.

BAB III	Error! Bookmark not defined.
METODE PENELITIAN	Error! Bookmark not defined.

3.1 Desain Penelitian	Error! Bookmark not defined.
3.2 Partisipan.....	Error! Bookmark not defined.
3.3 Populasi dan sampel	Error! Bookmark not defined.
3.3.1 Populasi.....	Error! Bookmark not defined.
3.3.2 Sampel	Error! Bookmark not defined.
3.4 Instrumen Penelitian	Error! Bookmark not defined.
3.5 prosedur penelitian	Error! Bookmark not defined.
3.6 Analisis Data	Error! Bookmark not defined.
3.7 Prosedur Pengolahan Data	Error! Bookmark not defined.
3.7.1 Deskriptif Data	Error! Bookmark not defined.
3.7.2 Uji Normalitas Data	Error! Bookmark not defined.
3.7.3 Uji Homogenitas	Error! Bookmark not defined.
3.8 Hipotesis	Error! Bookmark not defined.

BAB IV	Error! Bookmark not defined.
TEMUAN DAN PEMBAHASAN.....	Error! Bookmark not defined.
4.1. Temuan	Error! Bookmark not defined.
4.1.1. Deskripsi Data Temuan Penelitian.....	Error! Bookmark not defined.
4.1.2. Uji Normalitas Data	Error! Bookmark not defined.
4.1.3. Uji Homogenitas Data.....	Error! Bookmark not defined.
4.1.4 Uji Hipotesis	Error! Bookmark not defined.
4.1.5 Uji Regresi	Error! Bookmark not defined.
4.2. Pembahasan Temuan Penelitian	Error! Bookmark not defined.
4.2.1 Aktifitas Fisik Dengan Kesehatan Mental	Error! Bookmark not defined.

BAB V	Error! Bookmark not defined.
SIMPULAN, IMPLIKASI DAN REKOMENDASI ..	Error! Bookmark not defined.
5.1 Simpulan	Error! Bookmark not defined.
5.2 Implikasi dan Rekomendasi.....	Error! Bookmark not defined.
5.2.1 Implikasi.....	Error! Bookmark not defined.
5.2.2 Rekomendasi	Error! Bookmark not defined.

DAFTAR PUSTAKA	8
LAMPIRAN-LAMPIRAN.....	Error! Bookmark not defined.
Lampiran 1 Kuisioner Global Physical Activity Questionnaire (GPAQ)	Error! Bookmark not defined.

Lampiran 2 Kuesioner general health questionnaire-12 (GHQ-12)Error! Bookmark not defined.

Lampiran 3 Hasil Analisis Menggunakan Spss 24

Lampiran 4 Lanjutan Hasil Analisis Menggunakan Spss 24.. Error! Bookmark not defined.

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Lampiran 5 Lanjutan Hasil Analisis Menggunakan Spss 24..	Error! Bookmark not defined.
Lampiran 6 Lanjutan Hasil Analisis Menggunakan Spss 24..	Error! Bookmark not defined.
Lampiran 7 Surat Keputusan Pembimbing Skripsi.....	Error! Bookmark not defined.
Lampiran 8 Lanjutan Surat Keputusan Pembimbing Skripsi ...	Error! Bookmark not defined.
Lampiran 9 Lanjutan Surat Keputusan Pembimbing Skripsi ...	Error! Bookmark not defined.
Lampiran 10 Lanjutan Surat Keputusan Pembimbing Skripsi .	Error! Bookmark not defined.
Lampiran 11 Lanjutan Surat Keputusan Pembimbing Skripsi .	Error! Bookmark not defined.
Lampiran 12 Kartu Bimbingan Skripsi.....	Error! Bookmark not defined.
Lampiran 13 Lanjutan Kartu Bimbingan Skripsi	Error! Bookmark not defined.
Lampiran 14 Lanjutan Kartu Bimbingan Skripsi	Error! Bookmark not defined.
Lampiran 15 tanda tangan lembar pengesahan dosen pembimbing	Error! Bookmark not defined.
Lampiran 16 lanjutan tanda tangan pengesahan dosen pembimbing I	Error! Bookmark not defined.
Lampiran 17 lanjutan tanda tangan dosen pembimbing II.....	Error! Bookmark not defined.

DAFTAR GAMBAR

Gambar 2 1 Health and Wellness Benefit of Physical Activity and Fitness	Error! Bookmark not defined.
Gambar 3 1 Desain Korelasi	Error! Bookmark not defined.
Gambar 3 2 clusters random sampling	Error! Bookmark not defined.
Gambar 3 3 prosedur penelitian	Error! Bookmark not defined.
Gambar 4 1 Data sampel Fakultas.....	Error! Bookmark not defined.
Gambar 4 2 Data Gender	Error! Bookmark not defined.

DAFTAR TABEL

Tabel 3 1 Tabel Issac dan Michael(Mulyatiningsih, 2011)	Error! Bookmark not defined.
Tabel 4 1 deskriptif data statistic aktifitas fisik	Error! Bookmark not defined.
Tabel 4 2 deskriptif data statistic Kesehatan mental ..	Error! Bookmark not defined.
Tabel 4 3 data statistic aktifitas fisik dan Kesehatan mental (berdasarkan gender)	Error! Bookmark not defined.
Tabel 4 4 uji normalitas data.....	Error! Bookmark not defined.
Tabel 4 5 uji homogenitas.....	Error! Bookmark not defined.
Tabel 4 6 uji hipotesis.....	Error! Bookmark not defined.
Tabel 4 7 uji regresi	Error! Bookmark not defined.
Tabel 4 8 nilai korelasi	Error! Bookmark not defined.

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